

SUMMARY OF SAFETY TRAINING - CITY OF LONG BEACH
RISK MANAGEMENT AND SAFETY - AVAILABLE TRAINING

REV. 01/23/02
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TRAINING COURSE	HOURS	REFRESH MONTHS	SUGGESTED ATTENDEES	GENERAL DESCRIPTION OF MATERIAL COVERED	REGULATORY SECTION
INCIDENT (ACCIDENT) INVESTIGATION	4	24	[2][3]	Accident investigation principles and techniques	T8 3203
AED/CPR (Module 1)	4	12	[1-7]	Basic techniques of adult CPR and the use of an AED	CCR T22 100032
AERIAL LIFT	8	12	[1][2]	Safe use and operation of equipment	T8 3636 - 3648
ASBESTOS AWARENESS	2	12	[1][2]	Basics of asbestos and controlling exposures	T8 1529
ASBESTOS SUPERVISOR	32	12	[2]	Supervising asbestos-related construction projects	
ASBESTOS SUP (REF.)	8	12	[2]	Refresher on supervising asbestos-related construction projects	
ASBESTOS WORKER	32	12	[1]	Working hands-on with asbestos-containing materials in construction	
ASBESTOS WORKER (REF.)	8	12	[1]	Refresher on working hands-on with asbestos-containing materials in construction	
BLOODBORNE PATHOGEN (Module 3)	4	12	[1-7]	Hazards of bloodborne pathogens, protective measures, disease education	T8 5193
BOMB THREAT AWARENESS &	1	24	[1-7]	Basics of bomb threat awareness and how to deal with the situation	T8 3220 & 6151
FIRE EXTINGUISHER (Module 4)	2	12	[1-7]	Basic fire safety awareness, types of fire extinguishers, and hands-on training	
CAL/OSHA INSPECTIONS	4		[2][3]	Preparing for and conducting visits with Cal/OSHA at city facilities	T8 3203
CONFINED SPACE ENTRY	8	12	[1][2]	Safe entry practices, worksite responsibilities, air testing, protective gear use	T8 5156 - 5159
CONFINED SPACE AWARENESS	4	12	[3][4]	Awareness on how to identify a confined space and avoid unsafe entry	
CONFINED SPACE RESCUE	16	12		Specialized rescue techniques	
EARTHQUAKE	2	12	[1-7]	Basic earthquake preparedness and pre-emergency planning	T8 3220
ELECTRICAL SAFETY I	8	12	[1][2]	Working safely around voltages under 600 volts	T8 2300 - 2599
ELECTRICAL SAFETY II	8	12	[1][2]	Working safety around voltages over 600 volts	T8 2700 - 2974
ERGONOMICS (BACK SAFETY)	1	0	[1][2]	Basics of safe lifting practices, body mechanics, posture, carrying techniques and stretching	T8 5110
ERGONOMICS (COMPUTER WORKSTATION)	1	0	[1][2]	Basics of proper set-up or workstation and healthy work practices	
ERGONOMICS (LIBRARY - FOLLOW THE BOOK)	1.5	0	[1][2]	Basics of scanning techniques, lifting, carrying, shelving, back safety, exercise and stretching	

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EXCAVATION	8	12	[1][2]	Proper evaluation of soil conditions and working safely in and around excavations	T8 1539 - 1547
EVACUATION	2	12	[1-7]	Focus on hgh-rise building evacuation, pre-emergency planning, and proper response	T8 3220
FALL PROTECTION	1	0	[1][2]	Proper selection and use of approved fall protection, fall dynamics	T8 1669 - 1672
FIRST-AID (Module 2)	8	24	[1-7]	Recogniazing and treating life-threatening emergencies, including cardiac arrest & choking	T8 3400 & 1512
FLOOR WARDEN	1	3	[4]	Quarterly general safety meeting; covers all concerned safety topics	T8 3220
FORKLIFT	8	24	[1][2]	Safe use and operation of equipment; conducting pre-shift inspections	T8 3668
FORKLIFT (SUPERVISOR)	8	24	[2]	Supervising use of forklifts in addition to forklift training	
HAZARD COMMUNICATION	1		[1][2]	Chemical "Right-to-Know," MSDSs, labeling, emergency response and reporting	T8 5194
HAZWOPER (24 HOUR)	24	12	[1][2]	Information on safety required to enter certain hazardous waste sites	T8 5192
HAZWOPER (40 HOUR)	40	12	[1][2]	Information on safety requirements to work on hazardous waste sites	
HAZWOPER (8 HOUR REFRESHER)	8	12	[1][2]	Refresher for both 24 and 40 hour HAZWOPER training	
HEARING CONSERVATION/TESTING	1	12	[1][2]	Annual audiometric testing in accordance with City's hearing conservation program	T8 5094
IIPP ORIENTATION (DETAILED)	4		[1][2]	Fundamentals of OSHA and SB 198, including all 7 sections of the City's IIPP	T8 3203
IIPP ORIENTATION (GENERAL)	2		[3]	Overview of OSHA and responsibilities under SB 198 and City's IIPP	
LEAD AWARENESS	2	12	[1]	Basics of inorganic lead and controlling exposures	T8 1532.1
LEAD SUPERVISOR	32	24	[2]	Supervising projects involving lead in construction	
LEAD SUPERVISOR (REF.)	8	24	[2]	Refresher on supervising projects involving lead in construction	
LEAD WORKER	32	24	[1]	Working hands-on with lead in construction	
LEAD WORKER (REF.)	8	12	[1]	Refresher on working hands-on with lead in construction	
LIFE SAFETY, EARTHQUAKE & EVACUATION (Module 5)	4	12	[1-7]	Stairway evacuations including the use of stair chairs and guidance on simple triage and rapid treatment techniques	T8 3220
LOCK-OUT/BLOCK-OUT/TAG-OUT	4		[1][2]	Fundamentals of safely de-energizing and isolating hazardous energy sources	VARIOUS
MANAGER'S SAFETY ORIENTATION	4		[3]	Overview of basic safety and loss control, IIPP responsibilities of managers, selected topics on reporting injuries and accidents	T8 3203

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NEW EMPLOYEE ORIENTATION	4	3	[1][2]	Overview of City IIPP; employer/employee safety responsibilities; emergency info	T8 3203
NUCLEAR, BIOLOGICAL & CHEMICAL THREATS (Module 6)	4	24	[1-7]	Awareness of nuclear, biological, and chemical hazards and how to deal with them	T8 3220
OFFICE SAFETY	1		[1] - [4]	Basic safety in the office; identification of hazards and corrective actions	T8 3203
OSHA 300 LOG	4	12	[6][7]	Decision making in completing the log, editing, and posting; determining the difference between "recordable" and "non-recordable" cases	T8 3203
RESPIRATOR (APR)	8	12	[1][2]	Proper selection, use, care and limitations of air-purifying respirators	T8 3409
RESPIRATOR (SAR/SCBA)	8	12	[1][2]	Proper selection, use, care and limitations of supplied air and self-contained breathing apparatus	
RF AND MICROWAVE	8		[1][2]	Hazards of radio frequency radiation exposure, monitoring equipment, safe work practices and procedures	T8 5085, 8618
SCAFFOLDING	4		[1][2]	Basic scaffolding principles with an emphasis on identifying hazards associated with scaffolding; inspection procedures	T8 1635.1 - 1667
SMITH SYSTEM DEFENSIVE DRIVING	4		[1] - [7]	Space-cushioning driving techniques applicable for all types of vehicles	T8 3203
TRAFFIC WORKZONE	8	24	[1][2]	Fundamentals of proper street coning, signs, flagging and vehicle traffic hazards	T8 1597 - 1599
VEH. INSPECT.(COMMERCIAL)	8		[1][2]	DOT Inspecting techniques including pre-shift inspections	DOT, 49 CFR, DMV
VEH. INSPECT. (NON-COMMERCIAL)	2		[1][2]	Pre-shift inspections of non-commercial vehicles	GENERAL DUTY
WELDING	4		[1][2]	Safety procedures and work practices associated with gas and ARC welding	T8 4794 - 4853

- LEGEND
- [1] EMPLOYEES PERFORMING WORK ACTIVITY
 - [2] SUPERVISORS PERFORMING OR SUPERVISING WORK ACTIVITY
 - [3] MANAGERS AND SUPERINTENDENTS IN-CHARGE OF OPERATION
 - [4] FLOOR WARDENS
 - [5] EMPLOYEES WHO MAY UNKNOWINGLY BE EXPOSED
 - [6] SAFETY COORDINATORS
 - [7]PAYROLL/PERSONNEL ASSISTANTS